

AT A GLANCE

- The *Magasin* has received a nomination for a literary award in category.
- Due to the recent tax collection, funds are now available for education, health, more roads, to digital, airports, jobs, and electrical and constitutional changes.
- Picture power to the people, to the right-governed away from the high under "inspired Manila," set up "major regions" comprising of the North Luzon Agri-Business Growth Triangle, Metro Luzon Agri-Business, South of Philippines, Mindanao and the Cyber Zone.
- 5 strategies for global competitiveness. Make good use of the power of electricity, meet with infrastructure technology development, reduce energy in alignment.
- The need for constitutional changes "The most profound we have is not extended contribution."
- Quick "better way to the public; get down road not make the country pay for their frustrated services."
- High praise for Bill, Gen. Jovito P. Alayon, but at the same time GMA criticized political killings, assassinations and attempts to cover himself to stop and avoid political involvement.
- Others also criticized "The threat who said to pick up old lights, we're going to have a world of light. Why not just switch it off?"
- Ignorance to Senate



PHILIPPINE DAILY INQUIRER
BALANCED AND UNBIASED VIEWS
Sunday, July 25, 2004

GMA like CEO at board meeting, formal dance
By *de Zamora*
THE APPEAL TO MEMBERSHIP OF THE Batasang Pambansa yesterday had the trappings of a formal dance and a board meeting.
President Macapagal-Arroyo performed with precision like a seasoned CEO, even with a PowerPoint presentation that included maps and graphics outlining the achievements of her administration and the vision of the future.
The protocol officers looked like they were going to dance the tango.
The guests came in their full regalia with, mostly, on their chests and looked down as they listened to their President in the Chair's line of the Nation's address.
They were respectful for their duty when the Arroyo faced the assembly in February.
GMA 100.30

WINDMILLS in Batavia and Sece Nara to turn "sustainable" into "energy"
President Macapagal-Arroyo during her State of the Nation Address before the joint session of Congress. On her left: Sen. Benigno Aquino III, also in a chair, listening to a clarion call for a sustainable future, both in the aftermath of her amazing political survival. (More pictures on Page A6-F) 100.30

Sona: Promises, praises

GMA pays back allies, sets funds for super regions

By *Glenn C. Calalang Jr.*
SHE VOWED NOT TO TALK about politics but her State of the Nation Address yesterday amounted to what could be a payoff for her political supporters—from generals and lawmakers to Church officials and especially local executives—as she outlined a program creating economic “super regions” to spur development.
In her “good-governance” address, a satisfied President Gloria Macapagal-Arroyo said she would relinquish the presidency “after three years, eleven months and six days with much, if not all, that I have been able to accomplish.”
“She said the real challenge was not to leave but to do what was wrong in the country and the economy.”
Two years after announcing a fiscal reform program, the government now has the money to address social inequality and economic disparity, stamp out corruption, fight terrorism, and undertake economic reform and electoral reform, the President said.
“Finally, we have the funds not only to pay interest but to spend for education, better roads and bridges, provide good health services, and create more jobs in the country,” she said.

By *Philip C. Yakson and Doreen L. Lucas*
HOUSE DEPUTY MINORITY LEADER Raula Guter called President Macapagal-Arroyo’s State of the Nation Address yesterday a political campaign speech.
“It was great PR, like a campaign with lots of money distributed. It was very up-lifting to the provinces and cities with governors, mayors, congressmen,” he said.
“It was everything the audience wants to hear,” he said. “But the devil is in the details. How we are going to fund all of this, I have no idea.”
Twenty elected Senate President Manuel Villar said he liked the President’s plan but asked where the money would come from for the projects.
“I like the idea that there is an unprecedented relationship with local gov-

ernments. Nevertheless, it should be said that these are going to be funded,” Villar said, echoing the sentiments of Senators Pia Cayetano, Ramon Magsaysay Jr. and Richard Gordon.
Benjamin Diokas, a former budget secretary and who headed the private sector could reap up with the money.
“We need half-a-billion pesos over some years and we don’t have that,” he said.

‘Great PR speech but where will money come from?’
By *Philip C. Yakson and Doreen L. Lucas*
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Rains, class suspension spoil anti-GMA protest
By *Morven-Burdon*
By *Yap and Blanche S. Rivera*
SOME OF THE GOOD WENT TO FAVOR HER. Bunches of incense were burned by typhoon “Glenda” yesterday disrupted and drenched the ranks of protesters who tried to get near the Batasang Pambansa to denounce President Macapagal-Arroyo as she delivered her State of the Nation Address.
Police had mobilized up to 15,000 men to secure Ms Arroyo and the lawmakers, but the protesters did not turn out in the kind of numbers that the lawmakers had feared.
“Not even half of the 40,000 people whom we called organized had and they would include donors up on Commonwealth Avenue near the Batasan.”
Some organizers attributed the smaller than expected crowd to the bad weather. Others blamed it on the government’s decision to suspend classes in Metro Manila.
National Capital Region Police Officer Diener Vela Quizon described the rally as a “bunching.”
As it spilled out of the toughness of the rain, the protesters also had difficulty

THE PERFECT STORM: So it is, locally, for the police who scaled down their numbers in the torrential rain (top); significant numbers away from the protest rally along Commonwealth Avenue, and the millions of those who came out to hear her (middle and right).



Villar now leads 'bop sway' Senate majority; minority
By *Julian Labog-Juanilla and Tito Bargaño*
IN AN UNUSUAL DRAVING of colored party lines, the opposition joined anti-administration senators in unanimously electing Manuel Villar the 20th Senate president at yesterday's opening of the third regular session of the 12th Congress.
VILLAR 111

WEATHER FORECAST

FOOTBALL Bayern Munich will face tricky weather with rain in any match on the weekend between Arsenal and Liverpool and will face a second test when they face Tottenham on Tuesday. The rest of the country will be pretty much a free-for-all with mixed conditions at Premier League, Football League and non-league venues. **11.11.2004**

Second FRONT PAGE

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Stormy weather wreaks havoc on court schedules

TESTIMONY'S STORMY weather wreaked havoc on court schedules in Manila City where several cases began hearings at the regional trial courts but to be postponed.

The strong wind and rain brought by typhoon "Glenda" prompted the suspension of the hearing into the election charges against the former House member and his plot to violently sack President Joseph Estrada last February.

Patty del Rosario, Jose Guevarra, Theodore Garcia and Joel Warbler of Bayan Lito, Inc., Gloria Tirona and Rafael Maranan of Andalup, and Luis Maza of Cebu City had commenced on Sunday they were attending the U.S. hearing of

which relations was to the U.S. As it turned out, they did not have to appear in the case of Joseph III Judge Peter Blumstein as all hearings at the Manila RTC were suspended by early morning.

The case is a consolidation of two relations cases filed by the Department of Justice—one against Estrada and related individuals, Lawrence San Justo filed on Feb. 28 and the second a case filed on May 12 against the five lawmakers, James Das, George I. Luman, and 41 others.

The court has yet to set another date for the hearing. Glenda also caused yesterday and of the four 10 minutes arrested during a 45-minute session at the trial by Foreign law firm. **DAVID QUINONES**

'Glenda' heads for Taiwan

TYPHOON GLENDA, STRONGER of force, KARNI brought heavy rain and winds in Southern Luzon yesterday as it moved toward Taiwan, threatening down classes, government of rice and the stock exchange in Metro Manila, officials said.

The severity of the storm was jacking winds of 120 km per hour and gusts of up to 140 km as it approached Batangas, where authorities expect a weather alert.

The typhoon was expected to make landfall over central Luzon early today, then weaken into a tropical storm before making its second land fall along China's Fujian province late on Tuesday (Wednesday).

In Metro Manila and the rest of Southern Luzon, rain pouring from Tropical Storm Glenda that left about two hundred dead in Manila and Baguio, no further reported about damage and death to government offices. The stock

September opening under study

DEPUTY EDUCATION SECRETARY Joel Lapus said yesterday he would study the proposal to move the opening of the school year from June to September.

"It does not seem to be a good idea to move the school year from June to September," Lapus said.

He said he will study the pros and cons of moving the school opening, which has been launched recently. He said moving the school opening would also give students less the air

condition of some dormitories the newly education budget would have been allocated for.

"We can consider the moving the date of the school year when there will be a lot of classrooms constructed," he said.

Lapus, a staunch supporter of President Ferdinand Marcos, is set to formally submit the Department of Education at the end of the month from office to change the school year. He said after Secretary Francisco "Bobby" Alonzo suggested the move. **ALONZO RAYO**

In a Monday meeting, Karni was about 100 km southeast of the southern tip of Luzon, over the South China Sea, the Central Weather Bureau said. Karni is the Easternmost of the

Japan to provide grassroots support

THE JAPANESE GOVERNMENT will not only participate in monitoring the progress of the peace process in Mindanao but will also provide "grassroots grass support" as to construction of peace efforts in the region.

"We, the Japanese, are determined to contribute to peace efforts in the region," said a senior Japanese official in a Tokyo news release. A senior Japanese official said it is important to all stakeholders in Mindanao, said Japanese Foreign Minister Tomie Arai in a speech before the Diet last Friday on the occasion of the 50th anniversary of the establishment of diplomatic relations between Japan and the Philippines.

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All Nations Women's Group marks 50th year

THE ALL NATIONS WOMEN'S GROUP will celebrate its 50th anniversary on July 31 at the residence of President Ferdinand Marcos in Malacañang Palace. The group was founded in 1946 by the late Mrs. Benigno Aquino in the Philippines.

The anniversary will be celebrated by the group's members in the Philippines, Japan, and the United States. The group's activities include the promotion of women's rights and the advancement of women's education and employment.

The group's members will also participate in a series of seminars and workshops on women's issues. The group's activities are supported by the Japanese government and the Japanese Women's Association.

Quered at Ramming

DIRECTOR VERA K. QUERED, police chief of the National Capital Police, will be the guest of honor and speaker at the regular meeting of the Bureau of Police Officers' Association on July 23 at the Police Club in Manila.

NA NAMAN?!



"Political alliances are hard to maintain." **Manila City Mayor**

"Political alliances are hard to maintain." **Manila City Mayor**

"Political alliances are hard to maintain." **Manila City Mayor**

"Political alliances are hard to maintain." **Manila City Mayor**

Wala na bang katapusan ang away politika sa atin?

Nakakosense na!

Makuti kung umaangap tayo. Kase, ang nangyayari ay kabaliktaran.

Nung unang hinango ang impeachment complaint, bumigay ang piso. Lalang tumatayag ang stock market.

Karokot ang mga namumuhunan, kaya lalong dumalang ang trabaho.

Ang masaklap nito, wala namang pinatunguhan!

Ngayong nakakabawi-bawi na tayo, uumpisahan na naman ang gulo. Patapos na naman tayo!

Pakiusap lang sa mga namumuno: tama na ang debate, talumpati, batuhan ng akusasyon, at pag-pagmamano sa kapangyarihan.

Umpisahan na nating magkaisa at magtulungan para magtulay-tulay na ang ating pagtulang.

MASA BANGSA
PANGKALAKARAN

TAMA NA ANG GULO. PARA TAYO'Y UMASENSO.

Reject the super-elite's deception and misinformation

In their attempt to discredit the impressive movement toward Charter reform, the oligarchic families, special-interest groups and their minions—who style themselves as "One Voice"—mislead and misinform the Filipino people.

This is a tactic that members of the super-elite class—the super-rich people of Manila—have used, all too often, whenever political reformers threaten their economic and social interests.

In fighting Charter reform, One Voice has used the power of its money to make up for the bankruptcy of its ideas. Its television ads are slick—and cost hundreds of millions of pesos. But slick does not mean intellectual quality. One Voice has not disproved the urgency and centrality of change: the shift to a unicameral parliamentary government to rebuild the country from the costly and glaring failures of the presidential system.

Presidential system breeds dictatorship

One Voice does not say why it loves the presidential system that, for over 70 years, has produced a dictator; made military adventurism an endemic threat to popularly-elected governments; created the phenomenon of "creeping coup"; and constant instability; and made "people power" an abused extra-constitutional political remedy.

In truth, the presidential system has been a breeding ground for dictatorship. One Voice is silent on this—as it misleads people on the success of the parliamentary system in most of Europe and Asia. The political scientist Juan Linz of Yale writes that "Europe's more accountable prime ministers" and their parliamentary counterparts in countries like Canada, Japan and Australia—represent a safer institutional alternative to the presidential model set by the United States.

We appeal to the nine million Filipinos who have signed the People's Initiative to amend the 1987 Charter—and millions more of our local officials and their constituents, and those who are exasperated with a system that no longer works—to reject One Voice as just another attempt by oligarchic families to deceive and misinform our people.

What we stand for

Here are the things for which **Sigaw ng Bayan** stands:

1. We are for a shift to par-

Whose words do we hear when 'One Voice' speaks?

"One Voice" has launched a nationwide TV campaign to stop public opinion from tipping in favor of Charter change.

Those who oppose Charter change are alarmed because citizens who favor it have multiplied—from only 29% in March 2005 to 36% in October 2005 and then to 43% in March 2006.

One Voice's slick TV spots alone in full color and booked for prime time by Campaign and Grey) started showing on July 14.

One Voice's campaign will run for six weeks—until 30 August—on all the major networks: on GMA-7, ABS-CBN, ANC and ABC Channel 5.

During the first two weeks, the campaign will be running 16 spots; during the third and fourth weeks, 31 spots; and during the fifth and sixth weeks, 91 spots.

P2 million a day

On average, One Voice will be spending P2 million daily on each of the three networks.

And since P6 million a day will add up to P42 million a week, P42 million over six weeks will run to a grand total of P252 million.

liamentary government and a unicameral parliament. To continue with presidential government is to condemn our country to failure—in the world's fastest-growing region.

2. We seek the abolition of both the Senate and the House of Representatives and the creation of a single legislature, a single chamber. Having two houses of Congress is like having two boards of directors running a single corporation. This arrangement, as evidence has shown, is ruinous to the country. One Voice wants the presidential system and the Senate and House to continue—and thus perpetuate divided government.

Where is the P252 million for the TV campaign coming from? We believe it is only right that citizens should challenge One Voice to reveal where the P252 million it is spending on its TV campaign has come from.

And since there is so free lunch, it is also right that citizens should ask what One Voice's benefactors expect in return for their money.

And who are these people who are funding One Voice's cause? We in **Sigaw ng Bayan** have never hidden our identities and our specific interests. We're local officials, professionals, small businessmen, office workers. Our name is Legion, for we are many.

We are one in our realization that it is not individual leaders but the political system itself which is responsible for the way we have fallen behind most of our neighbors in the world's fastest-growing region.

We are one in our wish to assure our young people that there is hope for this country.

From One Voice we expect the same kind of openness, probity and sense of the nation.

3. We are for elections in 2007. And we are for synchronized elections every five years thereafter—to regulate campaign spending that costs billions of pesos—and favor only the wealthy few.

4. We are not for extending indefinitely the tenure of those already in power. We are not about to take away the people's rights to vote for the country's Head of Government. One Voice misleads when it says otherwise.

5. We are not for having a powerful Interim Parliament and a super-President. The Charter amendments we propose will clip the powers of the President, some of which the Prime Min-

ister would then exercise. The President will remain the Chief Executive, and the Prime Minister the chief operating officer of government. One Voice misleads when it says otherwise.

6. We want a Prime Minister who will be directly accountable for how the government performs in office.

An honest, efficient and open government will guarantee the Prime Minister's stay in office. Inefficiency and corruption will lead to his peaceful removal—through a no-confidence vote by Parliament. This ready resort to a confidence vote will remove every justification for military coups, destabilization and extremist plots funded by power-hungry politicians and business oligarchs.

7. We want a justice system strong in the enforcement of our laws. We are not about to weaken the Supreme Court, or any other part of our justice system. One Voice misleads when it says otherwise.

8. We want the culture of turncoatism swept away—to reform our politics by its roots. *Wala nang mga balimbing*. We insist that government be based on party platforms—and not on charismatic personalities. By prolonging this culture, One Voice wants to perpetuate the root of our negative and destructive politics.


9. And we want to build up a responsible Opposition—one neither beholden to special interests nor bound by ties to the politicized sector of the military. Under the parliamentary system, the Opposition is the government-in-waiting—ready to take over the responsibilities of office once the incumbents fall. In a parliamentary system, a responsible Opposition provides the real checks and balances to ensure government transparency and efficiency.

Charter change our only hope

Charter change is our only hope—to change our system of government, our negative culture of politics.

Let us not be deceived by bankrupt ideas and cosmetic reforms.

The key to national survival is change—Charter change.

 **Ang Sigaw ng Bayan: Yes! to People's Initiative**

Visit our website: www.sigawngbayan.com • www.sigawngbayan.net • www.sigawngbayan.org

THE HOUSE OF GLORIA



THE PALACE CHOICE of thousands of Quezon City residents—on a peaceful route to an annual Communion Mass in front of Malacañang Palace in Quezon City—may have been catching a glimpse of the Balayan complex.



GUARDIANS OF MEMORIAL: The Manila Police District officers and some armed Maras on Monday morning at the San Diego chapel before taking their seats in President's speech.



TOO HOT TO BURN: Protesters picket at CDA's Marikina office.



THE PALACE CHOICE of thousands of Quezon City residents—on a peaceful route to an annual Communion Mass in front of Malacañang Palace in Quezon City—may have been catching a glimpse of the Balayan complex.

Sona: Promises, praises, thanks

By Arjo Ayon
It has been said that the road to success is paved with promises. In the case of President Gloria Macapagal Arroyo, the road to success is paved with promises, praises, and thanks. The President's first year in office has been marked by a series of promises, praises, and thanks. The President has promised to bring about a new era of peace, prosperity, and justice. She has praised the Filipino people for their resilience and courage. She has thanked the Filipino people for their support and love.

Super regime
Based on her long, the President's first year in office has been marked by a series of promises, praises, and thanks. The President has promised to bring about a new era of peace, prosperity, and justice. She has praised the Filipino people for their resilience and courage. She has thanked the Filipino people for their support and love.

Wider
The appreciation of Sona's President Gloria Macapagal Arroyo's promises was palpable, considering the odd situation she has been in since she took office. The President has promised to bring about a new era of peace, prosperity, and justice. She has praised the Filipino people for their resilience and courage. She has thanked the Filipino people for their support and love.

The most productive
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Join hands
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Palacio
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Religions and progress
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Color-coding
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Malas to Palparan
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Alles to get funds
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Economy growing
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No Nukes
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'She must be afraid of her own people'

By Arjo Ayon
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Tighten its years
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Lashed in
The President's first year in office has been marked by a series of promises, praises, and thanks. The President has promised to bring about a new era of peace, prosperity, and justice. She has praised the Filipino people for their resilience and courage. She has thanked the Filipino people for their support and love.

Only the select:
The President's first year in office has been marked by a series of promises, praises, and thanks. The President has promised to bring about a new era of peace, prosperity, and justice. She has praised the Filipino people for their resilience and courage. She has thanked the Filipino people for their support and love.

Nothing like it
The President's first year in office has been marked by a series of promises, praises, and thanks. The President has promised to bring about a new era of peace, prosperity, and justice. She has praised the Filipino people for their resilience and courage. She has thanked the Filipino people for their support and love.

Not like it
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You must be at least 21 years old by age 21. **Indo-European Countries:** Canada (Alaska, British Columbia, Yukon, Northwest Territories, Nunavut), United States (Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, Wyoming), Mexico (Baja California, Baja California Sur, Chihuahua, Coahuila, Colima, Durango, Guanajuato, Guerrero, Hidalgo, Jalisco, Mexico City, Morelos, Nayarit, Nuevo Leon, Oaxaca, Quintana Roo, San Luis Potosi, Sinaloa, Sonora, Tamaulipas, Tlaxcala, Veracruz, Yucatan, Zacatecas), Central America (Belize, Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Panama), Caribbean (Antigua and Barbuda, Aruba, Barbados, Bahamas, Belize, Bermuda, Bonaire, Cayman Islands, Cuba, Curacao, Dominica, Dominican Republic, Ecuador, Grenada, Guadeloupe, Haiti, Jamaica, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, Turks and Caicos Islands, United States Virgin Islands, Venezuela).



BAKALAY near town from debris of typhoon-ravaged but it was killed by a typhoon-ravaged debris by big waves. Inquirer photo by Eusebio S. Dizon

Bay trash ends up on tourist walk

By Margara C. Dela

THE LEGAL GOVERNMENT OF MANILA yesterday morning a huge pile of garbage—mostly in 50-lb bags—was found on the beach near the town of Manila Bay.

Rafael Rosales, head of the city's Department of Public Services (DPS), said the trash was found by some people who were looking for "Globe" brand bags and debris floating on the water and along the beach.

Most of the trash consisted of plastic bags, styrofoam and other debris, Rosales said. "It is not really serious since such garbage is not sanitary open area."

The city government official said they were able to remove the trash from the beach in Manila Bay last week.

Mayor Lee Antonio had earlier in the month asked government officials to post notices on establishments with delin-

quencies as part of the city's extended cleanliness campaign.

Antonio conducted a surprise inspection in San Andres last Tuesday with Rosales, Manila South District Director Juan Velasco, language officials and other workers from the Department of Manila.

The mayor said all business premises located by City Hall specified the dates and responsibilities of establishments to keep their premises clean. Failure to comply was sufficient ground for the revocation of a business permit.

The entire DPS crew and the city's law enforcement were mobilized to ensure the strict implementation of Manila's extended cleanliness campaign.

Business, meanwhile, said the Manila Bay area was displaced from their homes. In the case of the typhoon, only Manila Bay expressed sympathy when it was severely hit. In the case of the typhoon, only Manila Bay expressed sympathy when it was severely hit.

Fire hits fast-food chain's stock room

₱10M lost as blaze eats up Pasig warehouse under driving rain

By Eusebio S. Dizon

AN UNBROKEN RAIN FORTIFIED THE struggle as only minutes for the fire to take the warehouse under the rain. The fire hit the warehouse of a fast-food chain in Pasig City, destroying more than ₱10 million worth of property.

Firefighters had almost two hours to put out the fire, started by the piles of disposable plates, styrofoam and pots of cooking oil—made the warehouse of King Agnes Restaurant and Family

Star Coffee in Barangay Lagitayan.

At 10:30 a.m. the fire broke out at 12:30 a.m. at the ground floor of the warehouse on the ground floor.

It began in the kitchen area of disposable plates and cooking oil, fire broke out.

Firemen quickly turned off electricity and contained the flames by using the fire.

But the fire broke out near the

ground floor of the warehouse, a big part of which served as a kitchen for food trucks, Dizon said.

The fire grew rapidly, taking the warehouse under the rain.

Firefighters managed to contain the fire under the rain.

But they continued burning down the fire into the night, when the fire broke out under the rain.

property died out.

Thanks to the rain, a fire broke out under the rain.

Firefighters are still determining what triggered the fire.

Firefighters have been working under the rain to be the fire.

Landings could work with the rain.

King Agnes Restaurant, BPO, Real Estate and other businesses.

The fire broke out in the warehouse of the Manila Bay Fire Station and other businesses.

The fire broke out in the warehouse of the Manila Bay Fire Station and other businesses.

The fire broke out in the warehouse of the Manila Bay Fire Station and other businesses.

BPI Family Savings Bank is the leader in housing loans because we have helped build more homes for more Filipinos than any other bank.

With our low interest rates, wide branch network, fast turn-around time and expertise in consumer financing, BPI Family Savings Bank is the bank you can trust to build your dream home today! And for your peace of mind, we even have a **FIXED interest rate of 11.5% for 6 to 12 years.**

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Macasieb sets new Ironman nat'l mark

FLORIDA AMERICAN TRIATHLETE ARMAND Macasieb set a new Philippine record in the 14th Ford Ironman World Championships in Lake Tahoe, Nev. on Tuesday.

The 30-year-old Macasieb clocked 10 hours 37 minutes and 28 seconds, nearly 13 hours faster than the 140:40:38 BP mark that Armand set in 2004.

Macasieb's time was 10:37:28, which is 11:11 faster than the 11:48:39 mark set by the late triathlete Ironman in 2004.

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Macasieb marked 11th in the water leg in 1:40:11, second in the second triathlon leg in 4:01:11, and third in the third triathlon leg in 4:56:06. He finished the race with a total time of 10:37:28.

Macasieb's time was 10:37:28, which is 11:11 faster than the 11:48:39 mark set by the late triathlete Ironman in 2004.



ARMAND MACASIEB SET A NEW PHILIPPINE RECORD IN THE 14TH FORD IRONMAN WORLD CHAMPIONSHIPS IN LAKE TAHOE, NEV. ON TUESDAY.

2 RP jungolf bets running 2nd in Florida

FLORIDA—MIGUEL TABORON BINGOYED the last hole and dropped in record in the boys' 15-17 division going over the last round of the Optima International Junior Golf Championships at the PGA National Golf Club in Palm Beach Gardens, Fla.

The 13-year-old Taboron, playing out of his hometown of Manila, had the lead with a one-under card through 14 holes but was matched with two bogeys on the last four holes for a score of 71 and a one-day aggregate of 144.

Taboron trailed Challenge Proven of Chile and Jody's Morris of North Carolina, who shot a 71 and 73, respectively, to share top spot at 145.

Taboron's score was also enough to earn him the title of 1st place in the boys' 15-17 division.



MIGUEL TABORON BINGOYED THE LAST HOLE AND DROPPED IN RECORD IN THE BOYS' 15-17 DIVISION GOING OVER THE LAST ROUND OF THE OPTIMA INTERNATIONAL JUNIOR GOLF CHAMPIONSHIPS AT THE PGA NATIONAL GOLF CLUB IN PALM BEACH GARDENS, FLA.

Taboron's score was also enough to earn him the title of 1st place in the boys' 15-17 division.

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Saturday, Delada seek lightweight crown tonight

BATANGAS CITY—AN EXCITING BIKING showdown takes place tonight when No. 2 lightweight contender Delada seeks the title of the 2006 Philippine Lightweight Biking Championship.

The 1st round of the "Palaok" Biking Championship will be held at the Batangas City Biking Grounds.

Delada and Delada were both in the weight class of 170 lbs when they fought for the title of the 2006 Philippine Lightweight Biking Championship.

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SSC Baycats overpower Holy Angel; PLP wins

NEWCOMER JONAS SERRANO COLLEGE-CATVITTE immediately made its presence felt in the 2006 Philippine Basketball Association (PBA) season opener, defeating Holy Angel University 95-80 on Tuesday in the Quarterfinals.

Jonas Serrano, who led the Baycats to a 12-point lead in the third quarter, was the star of the game.

PLP (Palaok) won the 2006 Philippine Lightweight Biking Championship, defeating Holy Angel University 95-80 on Tuesday in the Quarterfinals.

PLP's victory was a surprise, as they were considered underdogs.

P1-M Hold 'em poker qualifying tilt Saturday

THE FIRST OF SEVERAL QUALIFYING TOURNAMENTS in the 2nd Manila Philippine Hold 'em Philippine Championship will be held on Saturday at the Manila Philippine Casino.

The tournament will be held at the Manila Philippine Casino.



COVER OF 'PALAOK' BY ARMAND MACASIEB. THE BOOK IS A COLLECTION OF HIS WRITINGS ON BIKING AND OTHER SPORTS.

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BLDG. 1455 RIGAMOUNT HIGHWAY, TEL. NO. (047) 232-1129 • 232-1156 TO 30

SPORTSWATCH

Southwoods' 'Master Switch' stated

LOSING HIS HEAVY GOLF BAG, TRAINER'S MINDERS STATED that Southwoods' 'Master Switch' is a new invention that will revolutionize the golf industry.

Celebrity swimmers set Golf for God

THEIR OWNERS HAVE SET UP A GOLF FOR GOD event to raise money for the poor.

Mild Seven F1 Club hosts viewing party

THEIR OWNERS HAVE SET UP A GOLF FOR GOD event to raise money for the poor.

IJC 1-cock derby returns today

THEIR OWNERS HAVE SET UP A GOLF FOR GOD event to raise money for the poor.

SPORTS

Astounding turnaround paves way to triumph



Landis victory restores Tour glory

PARIS — THE CRAZIEST TOUR DE FRANCE IN MANY years ended the same way the last seven had: An American wearing the yellow jersey (the one with a Landis design) won a race.

After drawing fans of villages and world cups of spectators, Floyd Landis' victory helped speed his bid for the monument also over the shoulders of the Champagnes.

"I just fighting, never stopped believing," Landis said after leaving the winners' podium with his daughter, Ryan.

His glory of one hour nearly had their doubts, especially after he said his wife's Olympic medal.

Landis had used to apply his own's motivation strategy for winning, but then went away where he was not in the Tour de France. He was in the Tour de France, but he was not in the Tour de France. He was in the Tour de France, but he was not in the Tour de France.

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PARIS—FLOYD LANDIS' TRELLING TOUR DE FRANCE VICTORY DID much to dispel the air of gloom hanging over cycling's dispirited state after it began engulfed by another doping controversy.

"The only benefit it caused me peace," said cycling tour director Johnnie Lott, drawing of a multi-point tour after the retirement of Lance Armstrong who held the Tour de France for seven years.

He said he was grateful as the race resumed unpredictable over the 10th of the 22 stages was over. Landis' loss is something less, even a few days of rain in Britain.

The yellow jersey changed suddenly a second in first world war, when American Landis claimed it three times and lost it three times before winning it decisively in the penultimate stage.

The 26-year-old son of a Minnesota family from Lanesboro, Minn., was a self-made success story of the great era of the 1990s. He was a winner of the 1999 Tour de France, but he was not in the Tour de France. He was in the Tour de France, but he was not in the Tour de France.

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US president calls champ

WASHINGTON — PRESIDENT GEORGE W. Bush called the latest American winner of the Tour de France, Floyd Landis, on Monday afternoon to congratulate him and his wife on the victory.

"That's just great," Bush said to the cyclist, who rode without injury his "everyday" period of his. The second winning American cyclist in the history of the Tour de France, Landis had won the 100th Tour de France, the 100th Tour de France, the 100th Tour de France.

Blake breaks Roddick's American reign

CHICAGO, ILL. — JAMES BLAKE broke the American reign of the US Open in tennis on Monday, defeating Andy Roddick in the final of the Indianapolis Open.

The 26-year-old Blake, who is a former world No. 1, won the title in a straight set, 6-4, 6-4, 7-6 (7/5). Blake's victory was a surprise, as he had never won a Grand Slam title before.

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JAMES Blake breaks through to glory.

Baldomir looks for juicy pot

ATLANTA, Ga. (AP) — Baldomir, who has been in the spotlight for his role in the 1997 Tour de France, is looking for a new challenge.

Baldomir, who has been in the spotlight for his role in the 1997 Tour de France, is looking for a new challenge.



NEW RP bowling team coach Danny Edwards (center) with his team, including Ray Rogers, Brownlee, and other RP bowling team members.

Rollins clinches BC Open plum with 64



ROLLINS

ATLANTA, Ga. (AP) — Rollins, who has been in the spotlight for his role in the 1997 Tour de France, is looking for a new challenge.

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Rodriguez Yankees' fall guy

NEW YORK — Rodriguez, who has been in the spotlight for his role in the 1997 Tour de France, is looking for a new challenge.

Rodriguez, who has been in the spotlight for his role in the 1997 Tour de France, is looking for a new challenge.

OPENS TOMORROW

EXCLUSIVELY AT

GLORIETTA 4 & GREENBELT 3 CINEMAS

NATHAN LANE

MATTHEW BRODERICK

GINA THURMAN

WILL FERRELL

THE PRODUCERS

The movie classic that became a Broadway sensation now becomes a movie musical event!

GOLDEN GLOBE NOMINATIONS

Best Picture Musical (Comedy)

Best Actor Musical (Comedy) Nathan Lane

Best Supporting Actor (Musical) Will Ferrell

Best Song ("There's Nothing Like a Show (On Broadway)")

MPAA Rating: PARENTAL STRONG (11-18)

GREENHILLS CINEMAS

THEATRE NEXT

1. SHAGGY DOGS

2. PRINCE OF THE DREAMS

3. MACHO LINDA

4. LADY IN THE WATER

5. PRINCE OF THE DREAMS

PROMENADE

1. SHAGGY DOGS

2. PRINCE OF THE DREAMS

3. MACHO LINDA

4. LADY IN THE WATER

5. PRINCE OF THE DREAMS

1. SHAGGY DOGS

2. PRINCE OF THE DREAMS

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5. PRINCE OF THE DREAMS

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2. PRINCE OF THE DREAMS

3. MACHO LINDA

4. LADY IN THE WATER

5. PRINCE OF THE DREAMS

Inspired staging enhances appeal of 'Producers'

IT'S OFFICIAL: THE FILM WORLD'S new box-office champion is "Princess of the Castle," David Miller's "Princess of the Castle." What was made is such a big winner and how good it is to a list!

Love on location, the film's popularity is due to the fact that it's a story that's been told before, but it's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before.

Working in its second feature film, the film has a lot of things to be proud of. It's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before.

But, what about the movie's success? It's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before.

In addition, the movie's success is due to the fact that it's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before.

And, finally, the movie's success is due to the fact that it's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before. It's a story that's been told in a way that's never been told before.

SHANGHAI CINEPLEX

1. SHAGGY DOGS

2. PRINCE OF THE DREAMS

3. MACHO LINDA

4. LADY IN THE WATER

5. PRINCE OF THE DREAMS

PROMENADE

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4. LADY IN THE WATER

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3. MACHO LINDA

4. LADY IN THE WATER

5. PRINCE OF THE DREAMS

glorietta

GREENBELT

ALMA CENTER

ALMA CENTER

ALMA CENTER

AT THE CINEMAS

G1

1. WHITE LADY

2. PRINCE OF THE DREAMS

3. LADY IN THE WATER

4. SUPERMAN RETURNS

G4

1. LADY IN THE WATER

2. MACHO LINDA

3. PRINCE OF THE DREAMS

4. SUPERMAN RETURNS

GB1

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1. PRINCE OF THE DREAMS

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3. PRINCE OF THE DREAMS

4. LADY IN THE WATER

At the Activity Center

GLORIETTA

ALMA CENTER

ALMA CENTER

ALMA CENTER

ALMA CENTER

ALMA CENTER

OPENS TOMORROW EXCLUSIVELY AT GLORIETTA 4 & GREENBELT 3 CINEMAS

LANE BRODERICK THURMAN FERRELL

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The movie classic that became a Broadway sensation now becomes a movie musical event!

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Best Supporting Actor (Musical) Will Ferrell

Best Song ("There's Nothing Like a Show (On Broadway)")

MPAA Rating: PARENTAL STRONG (11-18)

GREENBELT 1

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Winning Spree!

Get a chance to win exciting prizes for every \$300 worth of purchases

May 6 - October 31, 2006

POXTROT

BY JIM KAMEN

AND EA TALAGA AND STATE OF THE ARTISTS

A LIPIN

WANTED?

BY JIM KAMEN

SOAK? BT WHODUN?

BY JIM KAMEN

BABY BLUES

BY JIM KAMEN

PUGAD BABY

BY JIM KAMEN

YOU HAVE THE KING CRAB HAS RANGLER ALL CHANGING THIS WEEK!

BY JIM KAMEN

SO HOW DO YOU FEEL?

BY JIM KAMEN

I CAN COMPLAIN

BY JIM KAMEN

LOVEKNOTS

BY JIM KAMEN

THE HERK OF IT

BY JIM KAMEN

Yikes! You're RALP!

BY JIM KAMEN

MY GARDEN OF OF MENTAL LIVING

BY JIM KAMEN

BT I'M FINE. I HAVE MY OWN HARDWARE FROM FEEL.

BY JIM KAMEN

EMERGENCY! I'M RALP!

BY JIM KAMEN

WIKES! YOU'RE RALP!

BY JIM KAMEN

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BY JIM KAMEN

EMERGENCY! I'M RALP!

BY JIM KAMEN

DAILY CROSSWORD

HOROSCOPE

CONCEPTS SU DOKU

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Horoscope

YOUR SIGN: ...

... (detailed horoscope text) ...

Concepts Su Doku

by Dave Olson

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8			1	7
			4	8
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Difficulty Level ★★

Answer to previous puzzle

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7	1	6	8	9	3	4	2
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5	7	8	4	6	3	2	1
3	6	8	1	2	5	4	7

HOW TO PLAY SU DOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

Try and program at www.sudoku.com

TUESDAY, JULY 21, 2009

LIFESTYLE



Everyone has psychic power or ability

By JC

HERE ARE MORE QUESTIONS FROM THE readers of *Life* magazine's independent publication called *Life Pulse*.

What psychic abilities you possess?
(carefully) speaking, I do not possess any special psychic gift that is not possessed by everybody else. People have a strong sense of psychic ability. They think it is possessed only by a few so-called gifted persons.

In fact, everybody has psychic power or ability to a lesser or greater degree. This is a sense of intent, like seeing or knowing, everybody can do or does persons. The same can do or does better than others.

The same is true with psychic ability. Everybody has it because it is a natural gift or power of our inner mental faculties.

People are often frightened by things they do not fully understand and when they see or feel about them.

It is natural for people to be afraid of the unknown, because we cannot tell whether it is harmful or not. For example, death is scary for us because we do not know what will happen after we die.

Do we just distinguish like a habit, or do we live again as a spirit? Do we come back to earth in another life, as the Hindus and Buddhists believe, or do we get stuck in a premeditated reincarnation?

Anything that comes directly from the spirit world is scary to the living because we have not learned to study this field. The cause of our fear (disbelief) is ignorance.

What is the evidence for your past life? Is it "knowledge" or "love"? Once we have learned, we can tell, then the unknown ceases to be mysterious. It becomes the "known." What

INNER
AWARENESS

Julius T. Llanes



we "know" without hands already.

Does everybody possess the gift of, say, telepathy, telekinesis, intuition, clairvoyance?

No, but as I pointed out earlier, some people are better at it than others. That's all. But everybody is psychic, in a way, because the word "psychic" comes from the Greek word "psyche" meaning mind or soul. So everybody who has a mind or a soul is a psychic.

The problem in the Philippines is people have fairly untrained psychic skills or are cowardly or a person able to tell the future. This is absolutely wrong.

There are many forms or types of psychic powers that do not involve knowing future

events, such as those you mentioned: telepathy, telekinesis and clairvoyance. There are also people who can do remote viewing, heal the sick psychically, communicate with spirits, but cannot tell the future. They are all psychics.

Is it possible to develop this psychic gift even if you do not have any or must you be born with it?

We all have psychic ability, as already mentioned. So, we can say we do not have any. This ability can be developed or enhanced, then.

The simplest and most important techniques or method to develop psychic powers is through regular meditation. It takes to 30 minutes of daily meditation is sufficient to increase a growing sensitivity to psychic forces.

A special form of meditation is recommended to increase the psychic centers or chakras would be better. But this should be done on the guidance of a knowledgeable person or teacher to avoid pitfalls or problems.

People can also attend seminars on how to

develop ESP. For example, I attended regularly a seminar on developing such powers at today's psychometry training the area, psychokinesis, remote viewing and telekinesis. This is usually held in Manila but I can also attend the seminar anywhere else in the Philippines, or even abroad, if invited.

In a world ruled by science and technology, how would you distinguish what is real from a hoax or trick?

We can use the scientific method to know what is real and what is not. But there are other methods. For example, we can ask even of known psychics or clairvoyants to verify what other so-called psychics are doing. They can use it to find out, a telekinesis is only a simple trick.

Remember what the philosopher Immanuel Kant said: "There are two ways to be fooled. One is to believe what said so. The other is to refuse to believe what is so."

In a week, I will answer questions about the inner Mind Development Institute and what science has to say about paranormal phenomena and the spiritual.

The problem in the Philippines is people have falsely associated psychic with a fortune-teller

The Science
behind . . .

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It is not too true that it is much easier to "lose" than to "win."

Individuality

When it comes to exercise programs, one does not fit all. Even if you start a fitness program, your body will respond differently.

Human beings are similar in the sense that everyone has two ears, one foot, two arms, two legs, and all the other parts, but each of us has a unique genetic history that affects the way we respond to exercise or diet.

Some people have self-regulating muscles that a few weeks of weightlifting is all they need to meet energy demands and stresses. Others need a few months before seeing any type of aerobic results.

In an experiment done at Queens University by exercise physiologist Gavriel Nassis, 47 young men were put on an exercise program for five months. Some of the men showed 100 percent improvement in fitness levels. Others required no change at all.

Even metabolism can be different from person to person. Obesity researcher Eric Ravussin proved this when he measured the resting metabolic rates (the amount of energy needed to just fix your body functions) of 300 subjects. He found that some people burned 1,000 plus calories a day while others burned only 1,000 plus.

Some people are genetically predisposed to being good at aerobic-type activity and become champions or endurance runners. Others are genetically inclined to excel at power-type activities and win medals in powerlifting. Others have the natural strength and flexibility to excel in yoga.

This is why you cannot compare yourself to anyone else and also why you can't just blindly follow the exercise programs of your fitness club and expect the same results. It is also the difference between parents and grandparents.

Now, The Sports Medicine Association of the Philippines will hold its annual Sports Medicine Medical Seminar on July 23. The event is open to students, coaches, teachers, and sports/science enthusiasts. Call 5319125 or 0917-5557361 or e-mail sportsmed.phil@yahoo.com.

Find more on www.livingonline.ph

New hand sanitizer
in the market

PURELL, a LEADING HAND SANITIZER IN the United States, is now available locally in original and convenient.

Hand sanitizers will help protect children from diseases since 80 percent of infectious diseases have been found to be spread by the hands.

A study found that frequent use of alcohol-based hand sanitizers resulted in a lower rate of secondary transmission of respiratory viruses.

Purell hand sanitizer has been shown to be effective against a variety of organisms, especially killing bacteria as common. It contains emollients to keep the skin soft.

A US Food and Drug Administration study found Purell's formula and hand sanitizer comparable to it could be used immediately before meals.

A portion of Purell is exclusively available in all Mercury Drug outlets nationwide.



With super absorbent core, for your baby's super soooones.

Play Comfort. Play Daily.



